

Hawai'i Coalition for Dads

Hawai'i Dads (Makuakāne)

Vol. 5, No. 1 • 2008

Please support funding SCF staffing—NOW!

State Commission on Fatherhood legislative staffing

The State Commission on Fatherhood needs your *active* support—NOW!

HOW? **Communicate your support for SB2226/SD1/HD1** to the 2008 Legislature. This appropriations bill would fund basic staff for the State Commission on Fatherhood (for the first time since the Commission was established in 2003).

SB2226/SD1/HD1 has passed Senate and House committees and now needs to be passed by the House Finance Committee and the 2008 Legislature. To guide your support print out SB2226/SD1/HD1, track its status, and get the House Finance Committee hearing notice at: www.capitol.hawaii.gov/site1/docs/docs.asp?press1=docs, and/or call HCD @ 841-2245, ext. 240.

The Legislature “in recognition of the important and unique role fathers play in the lives of their children, families, and communities...” established the State Commission on Fatherhood in 2003. Its mission is “to promote healthy family relationships between parents and children by emphasizing the important role fathers play in the lives of their children”: <http://hawaii.gov/dhs/fatherhood/fatherhood/>. ~HI Dads~

June is Fathers Month in Hawai'i—

CELEBRATE FATHERS Day at Windward Mall—Saturday, June 14, 2007; 11 - 3

Join in the Hawai'i Coalition for Dads' 10th Annual CELEBRATE FATHERS Day at Windward Mall on Saturday, June 14, 2008 from 11-3 p.m. The Celebration includes a Father-Child Look-Alike contest (50+ entrants in 2007), family entertainment (Hawaiian Music Hall of Fame Serenaders; 24-VII Danceforce), fun activities, information tables, and NFI Golden Dads gift bags.

Men's Health Week—June 9-15, 2008

Men's Health Week resolutions (HCR11 & HR12) are passing through the 2008 Legislature; see: www.capitol.hawaii.gov/site1/docs/status/searchstatus.asp?query=men%27s+health&currpage=1.

Men's Health Week is held each year to give individuals, health care providers, public policy makers, and the media an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. For a partial list of activities go to: www.menshealthweek.com. And a new publication is available online from Men's Health Week, *Blueprint for Men's Health: A Guide to a Healthy Lifestyle*.

“Balancing Work & Family” Fatherhood Conference—Saturday, June 28, 2007

The Hawai'i State Commission on Fatherhood, Hawai'i Coalition for Dads, and Children's Rights Council of Hawai'i are co-sponsoring a “Balancing Work & Family” Fatherhood Conference at the State Capitol Auditorium in Honolulu on Saturday, June 28, 2008.

Sessions will be presented on Work-Family Balance for Dads, Positive Discipline Local Style (*Hawaiian, Japanese, Filipino, Samoan, Portuguese, Military*), Shared Parenting (*Joint Custody*), and The Father-Friendly Company. Information tables with dad-interest agencies will be available. ~HI Dads~

Dads with Daughters—10 TIPS



1. **Listen to girls.** I focus on what is really important—what my daughter thinks, believes, feels, dreams and does—rather than how she looks. I have a profound influence on how my daughter views herself. When I value my daughter for her true self, I give her confidence to use her talents in the world.
2. **Encourage my daughter's strength and celebrate her savvy.** I help her learn to recognize, resist and overcome barriers. I help her develop her strengths to achieve her goals, help other people and help herself. I help her be what Girls Incorporated calls Strong, Smart and Bold!
3. **Respect her uniqueness, urge her to love her body and who she is.** I tell and show my daughter that I love her for who she is and see her as a whole person, capable of anything. My daughter is likely to choose a life partner who acts like me and has my values. So, I treat her and those she loves with respect. Remember 1) growing girls need to eat often and healthy; 2) fad dieting doesn't work, and 3) she has her body for what it can do, not how it looks. Advertisers spend billions to convince my daughter she doesn't look "right." I won't buy into it.
4. **Get her playing sports and being physically active.** Start young to play catch, tag, jump rope, basketball, Frisbee, hockey, soccer, or just take walks...you name it! I help her learn the great things her body can do. Physically active girls are less likely to get pregnant, drop out of school, or put up with abuse. The most physically active girls have fathers who are active with them!
5. **Get involved in my daughter's school.** I volunteer, chaperone, read to her class. I ask questions, like: Does her school use media literacy and body image awareness programs? Does it tolerate sexual harassment of boys or girls? Do more boys take advanced math and science classes and if so, why? (California teacher Doug Kirkpatrick's girl students didn't seem interested in science, so he changed his methods and their participation soared!) Are at least half the student leaders girls?
6. **Get involved in my daughter's activities.** I volunteer to drive, coach, direct a play, teach a class—anything! I demand equality. Texas mortgage officer and volunteer basketball coach Dave Chapman was so appalled by the gym his 9-year-old daughter's team had to use, he fought to open the modern "boys'" gym to the girls' team. He succeeded. Dads make a difference!
7. **Help make the world better for girls.** This world holds dangers for our daughters. But over-protection doesn't work, and it tells my daughter that I don't trust her! Instead, I work with other parents to demand an end to violence against females, media sexualization of girls, pornography, advertisers making billions feeding on our daughters' insecurities, and all "boys are better than girls" attitudes.
8. **Take my daughter to work with me.** I participate in April's Take Our Daughters & Sons to Work ® Day (www.takeourdaughtersandsonstowork.org) and make sure my business participates. I show her how I pay bills and manage money. My daughter will have a job and pay rent some day, so I will introduce her to the world of work and finances!
9. **Support positive alternative media for girls.** Our family watches programs that portray smart savvy girls. We get healthy girl-edited magazines like New Moon and visit online girl-run "zines" and websites. I won't just condemn what's bad; I'll also support and use media that support my daughter!
10. **Learn from other fathers.** Together, we fathers have reams of experience, expertise and encouragement to share – so let's learn from each other. I use tools like the newsletter *Daughters: For Parents of Girls* (www.daughters.com). I put my influence to work – for example, Dads and Daughters protests have stopped negative ads. It works when we work together!

Source: *These tips may be used for educational purposes if reproduced unaltered, in their entirety, with the following: © Dads and Daughters® – All rights reserved – Sign up for the FREE Dads and Daughters email Update at www.dadsanddaughters.org.*

Daddy Baby Blues?

A 2000 University of Oxford study found that about **3 percent of fathers exhibited signs of depression after the birth of a child**. The same study indicated that approximately 10.2 percent of mothers experience symptoms and feelings of postpartum depression.

The British researchers reported that paternal PPD can affect a child's early behavior. Baby boys were especially affected by depressed dads and have twice as many behavioral problems in their early years as baby girls or children whose fathers did not experience PPD.

The whirlwind of activity and energy generated when a new baby comes home often masks the signs that a father may have PPD. Trying to make sure a new mother is comfortable and recovering from childbirth, or that a new baby is settling into a manageable routine, automatically consumes most households.

Postpartum depression in men is also commonly not recognized because men often self-impose super-human expectations for fatherhood and for being a husband. "Worrying about how we'll be perceived as a man makes new fathers want to project that we're easily adjusting to our new lifestyle," explains one father.

Because postpartum depression can lead parents to contemplate personal harm or harming their child, health care experts emphatically urge anyone who experiences thoughts of suicide or of causing any type of physical harm to seek immediate medical assistance to prevent an unnecessary tragedy.



Source: Adapted from a *Dads Today* article by Gina Roberts-Grey (www.dadstoday.com/articles/3634.php)

~HI Dads~

Addressing Suicide Prevention in Hawaii

"The devastating trauma, loss, and suffering [from suicide and suicide attempts by parents, siblings, teens, grandparents] are multiplied in the lives of family members and friends."

This is the introduction to the Power Point "Addressing Suicide Prevention in Hawaii" presented at the Hawai'i State Department of Health—Suicide Prevention Task Force's November 15-16, 2007 workshop, which included revealing statistics that in Hawai'i:

- **Suicide is the single leading cause of injury death** in Hawai'i;
- The **120+ suicides/yr.** (about 1 every 3 days; 75% men; 25% women) are more than auto-occupant deaths & homicides combined (79 + 28 = 107/yr.);
- **870+ people** are treated in Hawai'i's hospitals for **non-fatal suicide attempts** (2+ attempts every day);
- Most suicides occur between the ages of 15 and 54; and
- Intimate relationship problems (24%—41% for people aged 20 to 39), family crisis/discord (14%), and serious illness/medical issues (21%) are the leading negative life events for suicide.

For a copy of this Power Point presentation, contact Art Tani, MPH, Suicide Prevention Coordinator at the Hawaii Department of Health: 808/586-5939; arthur.tani@doh.hawaii.gov.

"Suicide has a powerful emotional impact on family members and friends. A suicide may cause family and friends to feel guilty, helpless and rejected....A 2002 study in the Archives of General Psychiatry found that children whose parents had attempted suicide were six times as likely to try taking their own lives" (Suicide Reference Library: www.suicidereferencelibrary.com). In addition to the emotional and interpersonal impacts, suicide effects a family's health care costs and employment income abilities.

For help with suicide in Hawai'i, call the Crisis line—808/832-3100; Neighbor Islands—1/800/753-6879, or go to <http://suicidehotlines.com/hawaii.html>. ~HI Dads~

Top 10 Ways to Keep Your Kids from Fighting

Fighting among siblings is as natural as the changing of the seasons. And contrary to what many parents believe, sibling rivalry is a sign of mental health in a family! While there may be times when it's difficult to deal with, there are some simple things you can do to limit fighting and make it tolerable:

1. **Ignore their fighting**—Fighting is often a way for kids to get you to notice them. If you ignore their fighting (unless weapons are involved), there will be less incentive for them to do it.
2. **Treat your kids the same when it comes to fighting**—If you get into who started things, you may be training your kids to be victims and bullies. Put them in the same boat and don't take sides.
3. **Give your kids Positive Reinforcement when they're cooperating**—Let them know that they're doing a wonderful job when they get along. This one's easy to forget, but vitally important. Give them attention when they're behaving the way you want. Continually telling them to stop may actually be creating more fighting!
4. **Limit your own fighting and arguing**—Having your kids see occasional arguing and "making up" from you is fine, but your kids will learn how to get along from you. Don't expect them to do it well if you don't show them how.
5. **Create an Environment of Cooperation**—Do projects together as a family that involves cooperation. Talk about how important it is for the family to cooperate. Avoid games or activities that promote fighting or excessive competition in your kids.
6. **Train your kids in peacemaking when they're away from conflict**—Talk to your kids about fighting at a time when they're relaxed and open. Ask them about what other options they might have taken rather than to hit their sister. Help them to brainstorm better solutions.
7. **Use Consequences, not Punishment**—Punishing kids usually just creates angry kids who are more likely to fight. While some punishment may be inevitable, do your best to give consequences

instead. Punishment may bring short term solutions, but will also bring long term problems.

8. **Control how you react to their fighting**—When you must intervene, make sure you stay calm. If you're angry and shaming, you actually make it more likely that fighting will occur again.

9. **Limit the number of fighting opportunities you give your kids**—Think about how fights can potentially start. Don't buy a red ball and a blue ball; this may easily result in a fight. When you buy two red balls - no fight. Be familiar with the times in which fighting occurs the most - when they're hungry or tired. Take precautions, like having dinner ready before the "bewitching hour" occurs.

10. **Love your kids for all they're worth**—Every day tell them you love them, and more importantly—show them. Kids who feel emotionally connected to their parents are the least likely to fight. This won't eliminate it, but the alternative isn't pretty at all.



Source: Mark Brandenburg (www.markbrandenburg.com).

~HI Dads~

Strength in Families project**Kauka'i Ka 'Ohana**

Kauka'i Ka 'Ohana (Strength in Families) is a project funded through a grant to the Child Support Enforcement Agency of the Hawai'i Office of Attorney General. The project is designed to assist fathers and mothers as they support the emotional and financial needs of their children, and is operated under a contract with Policy Studies Inc.

Children do best when they receive emotional and financial support from both parents. *Kauka'i Ka 'Ohana* assists low-income, unwed, separated, or divorced parents with this support.

Kauka'i Ka 'Ohana assists fathers, as well as mothers. Low-income fathers often need employment and family support services but do not know where to turn to receive these services.



Kauka'i Ka 'Ohana assists parents when a member of the family applies for welfare (referred to as TANF or AFDC). This provides help at a time when parents and children often have the greatest needs.

The goals of the *Kauka'i Ka 'Ohana* are to:

- Reduce adversarial or formal proceedings
- Increase voluntary paternity acknowledgements
- Identify non-custodial parents in need of services and target appropriate services for them
- Increase non-custodial parents' involvement in their children's lives
- Promote healthy marriage
- Increase child support payments

The *Kauka'i Ka 'Ohana* project has specialized case managers located at two public assistance (TANF) offices on O'ahu – in Honolulu and Kapolei. *Kauka'i Ka 'Ohana* case managers meet with clients at the time of a TANF application by one of the parents.

For more information on this project, e-mail EODonnell@policy-studies.com or call 808/282-3984.

~HI Dads~

Support the Hawai'i Coalition for Dads.

Help promote involved, nurturing, responsible fatherhood in Hawai'i.

☐ Please keep me informed about the activities of the Hawai'i Coalition for Dads.

☐ I would like to volunteer to help; contact me.

☐ Here is my contribution. \$ _____

~ Your donations are tax-deductible. ~

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please make your check payable to: **Hawai'i Coalition for Dads/PACT**

Phone: 808/841-2245

...and send it to: 1485 Linapuni St. #105; Honolulu, Hawai'i 96819

E-mail: HawaiiDads@pacthawaii.org

Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood

c/o PACT / Hana Like

1485 Linapuni St. #105; Honolulu, Hawai'i 96819

808/841-2245; fax 842-9604

E-mail: HawaiiDads@pacthawaii.org

Internet: www.pacthawaii.org/hcd.html

• *HCD Kaua'i*: Bernard Carvalho, 241-4419

• *HCD Molokai*: Claud Sutcliffe, 553-3844

Steering Committee

Chet Adessa, *Chair*

Greg Farstrup, *HCD Coordinator; HI Dads Editor*

Kathy Bentley

Sara Izen

Kim Mines

Gordon Miyamoto

Noelle Granato

Alan Sunio

Diane Tabangay

Ho'omana Wong

Dan Yahata

The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

GOALS:

1. To enhance the ability of Hawai'i's children to grow in peaceful and safe environments.
2. To increase community awareness about fatherhood.
3. To promote the availability and accessibility of quality, father-centered community resources.
4. To advocate for informed public policy regarding fatherhood.
5. To strengthen community collaboration in support of fatherhood.
6. To respect and honor everyone's unique role in children's lives.

Fatherhood & Family Resources

1. **Hilo**: YWCA of Hawaii Island (Healthy Start) (961-3877; ywcahawaiiisland.org)
 2. **Kailua-Kona**: Family Support Services of West Hawai'i (326-7778; fsswh.org)
 3. **Kaua'i**: Nana's Place/Child and Family Service (338-0252; cfs-hawaii.org)
 4. **Maui**: Fatherhood Involvement Team (F.I.T.)—Maui Family Support Services (269-5731; mfss.org); Neighborhood Place of Wailuku (986-0700); Maui Economic Opportunity (249-2990; meo.org)
 5. **Molokai**: Mediation Center of Molokai (553-3844)
- Oahu (and statewide):**
6. Hawai'i State Commission on Fatherhood (www.hawaii.gov/dhs/fatherhood/fatherhood)
 7. TIFFE (Nurturing Fathers; Playgroups) (596-8433; www.tiffe.org)
 8. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; www.pacthawaii.org)
 9. Navy Fleet & Family Support Center (Boot Camp For New Dads) (474-1999; www.greatlifeohawaii.com)
 10. PARENTS (235-0488); 11. Kathy's Parenting Solutions (352-3303; kathysparentingsolutions.com)
 12. The Baby Hui (groups for Dads, and Moms) (735-2484; thebabyhui.org)
 13. The Parent Line (Info & Referral) (526-1222; www.theparentline.org) 14. AUW – 211 (auw.org/211)
 15. Keiki O Ka 'Aina Family Learning Centers (843-2502; keikiokaaina.org)
 16. HPIRC (HI Parental Information & Resource Centers) (841-6177; hawaiiipirc.org)
 17. DOE Family Support (PCNC; Families for R.E.A.L.; VISTA) (733-4476; familysupport.k12.hi.us)
 18. SPIN (Special Parent Information Network) (586-8126; spinohawaii.org)
 19. Big Brothers Big Sisters (support for single dads and moms) (521-3811; bigshonolulu.org)
 20. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; tutuandme.org)
 21. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; qlcc.org)
 22. ALU LIKE (Hawaiian families) (535-6700; alulike.org)

Religious resources: Contact your place of worship...church, temple, synagogue.

Internet Resources (check on their "Links," too):

1. **mr.dad** (mrdad.com)
2. **fathers.com** (fathers.com)
3. **Nurturing Father** (nurturingfathers.com)
4. **Nat'l Fatherhood Initiative** (fatherhood.org)
5. **ParentingTime.net** (parentingtime.net)